

Abstract

Title: The Influence of Movement Programme on Subjective Feelings

Objective: Analysis of the influence of medically oriented movement programme on subjective feelings of subjects.

Method: An empirically quantitative research objective determined the methods. We have exploited the properties of modified Melzack scale for analysing data from the study of subjective feelings of pain alleviation as a result of the movement programme. We have used the method of group interview to obtain insight into the study subjects' opinions regarding their feelings, benefit and effectivity of the conducted movement programme.

Results: We have completed our movement programme with three subjects: three senior ladies and one middle-aged woman. The programme was terminated by group interview, from subsequent analysis of acquired data we have come up with a number of ideas for improvement of our model. We consider the results from the study of interventionist movement programmes with a focus on documentation of subjective feelings of the subjects as beneficial not only for the designers of movement programmes but also for wider public.

Key Words: movement programme, subjective feelings, user opinions, group interview, Melzack scale